

## Simple Recipes for the DASH Eating Plan

### Berry Banana Smoothie

1 Cup Milk 3 Strawberries, frozen or Fresh  
1 Banana  
1 Tbsp. Vanilla Yogurt  
1 tsp. Honey

Combine ingredients in a blender and mix on high for 30 seconds or until smooth.

### Low Sodium Sweet and Sour Dipping Sauce

1 tsp. Cornstarch  
2/3 Cup Pineapple Juice  
1/3 Cup Distilled Vinegar  
3Tbsp. Brown Sugar  
2 tsp. Vegetable Oil  
2 Tbsp. Ketchup

In a small saucepan over medium-low heat, whisk together vinegar and cornstarch. Add oil, pineapple juice, ketchup, brown sugar and salt; whisking constantly until the mixture is heated through. If you desire a thicker consistency than what this recipe yields, dissolve another ¼ tsp. of cornstarch in 1/8-1/4 cup cold water. Once dissolved, stir the mixture into the sauce and continue to heat and whisk until sauce thickens.

Adapted from [Allrecipes.com](http://Allrecipes.com)

### Lazy Beef Casserole

Vegetable Oil Spray  
1 Pound Beef Chuck Roast (all visible fat removed, cut into cubes)  
1/2 Cup Dry Red Wine  
1 1/4 Cup Homemade Beef Broth or Low-Sodium Beef Broth  
3 Tbs. tomato paste (no salt added)  
1/4 tsp. Garlic Powder  
1/4 tsp. Rosemary  
1/4 Cup Flour  
1 8-oz. Package Fresh Mushrooms (sliced)  
1 Cup Chopped Onion

Preheat broiler. Lightly spray a broiler pan with vegetable oil spray. Place meat on prepared broiler pan and place in broiler. Allow meat to brown on all sides, turning frequently.

Remove from broiler and set aside. Set oven to bake at 300° F.

In 1-1/2 quart casserole, combine wine, broth, tomato paste, spices and flour. Stir to mix

well. Place meat in casserole and add mushrooms and onion. Cover and bake 2 1/2 to 3 hours, or until meat is tender.

If you are still looking for DASH menu ideas, check out the following links:

- [National Institute of Health-DASH Recipes](#)

[3 A Day of Dairy-Recipes and Snacks](#)